

**WHAT IS CLAIMED IS:**

1. A method of treating hair which comprises applying a hair treatment composition comprising at least one oil agent and a solvent and having a water content of 20% by weight or lower to dry hair, allowing the hair to stand for 3 to 120 minutes, and washing the hair treatment composition away.

2. The method of treating hair according to claim 1, wherein the hair to which said hair treatment composition has been applied is covered so that a component of said hair treatment composition may not escape while being allowed to stand.

3. A method of treating hair which comprises applying a hair treatment composition comprising at least one oil agent and a solvent and having a water content of 20% by weight or lower to dry hair, warming the hair at a prescribed temperature for a prescribed period of time with the hair being covered so as not to allow a component of the hair treatment composition to escape, and washing the hair treatment composition away.

4. The method of treating hair according to claim 3, wherein said warming the hair is carried out at 35°C or higher for 3 minutes or longer.

5. The method of treating hair according to claim 3 or 4, wherein said warming the hair is carried out with a hair warming cap having heating parts.

6. A preshampoo treatment composition which is to be applied to dry hair, allowed to stand at a prescribed temperature for a prescribed period of time with the hair covered, and then washed away.